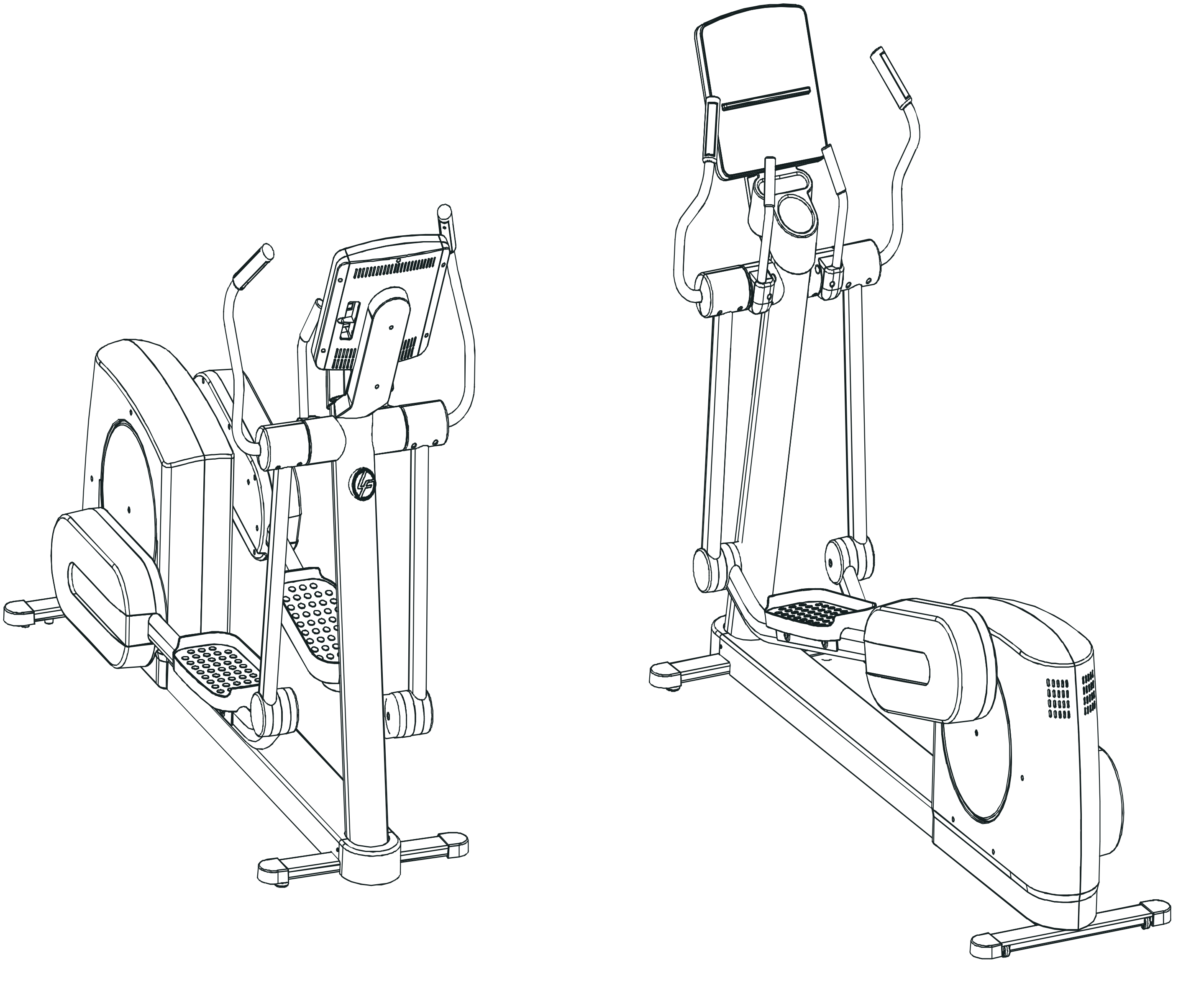
LifeFitness

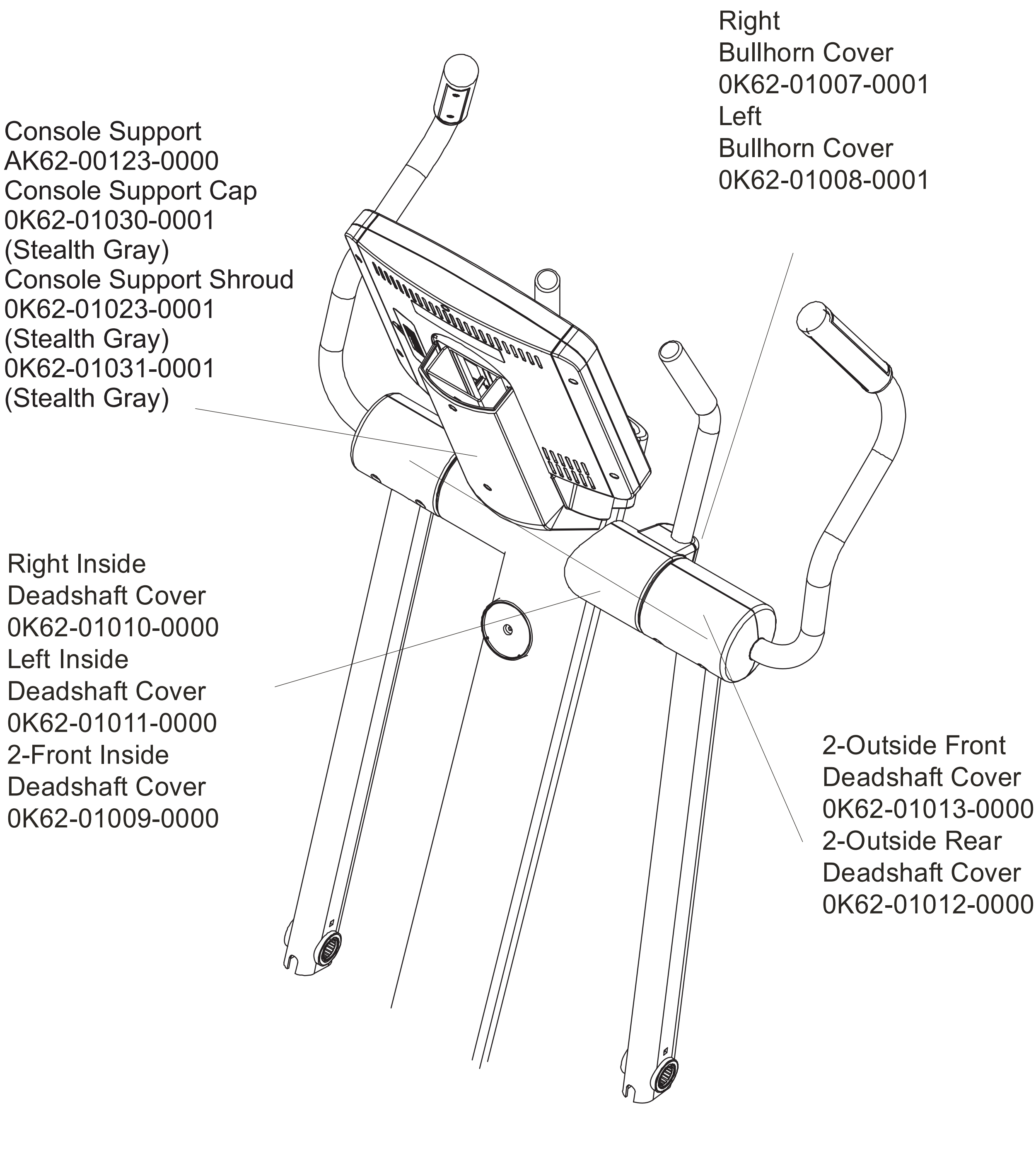
ARCTIC SILVER QUIET DRIVE CROSS TRAINER 95X-0XXX-05
(Hungary built Ct for Domestic sales)



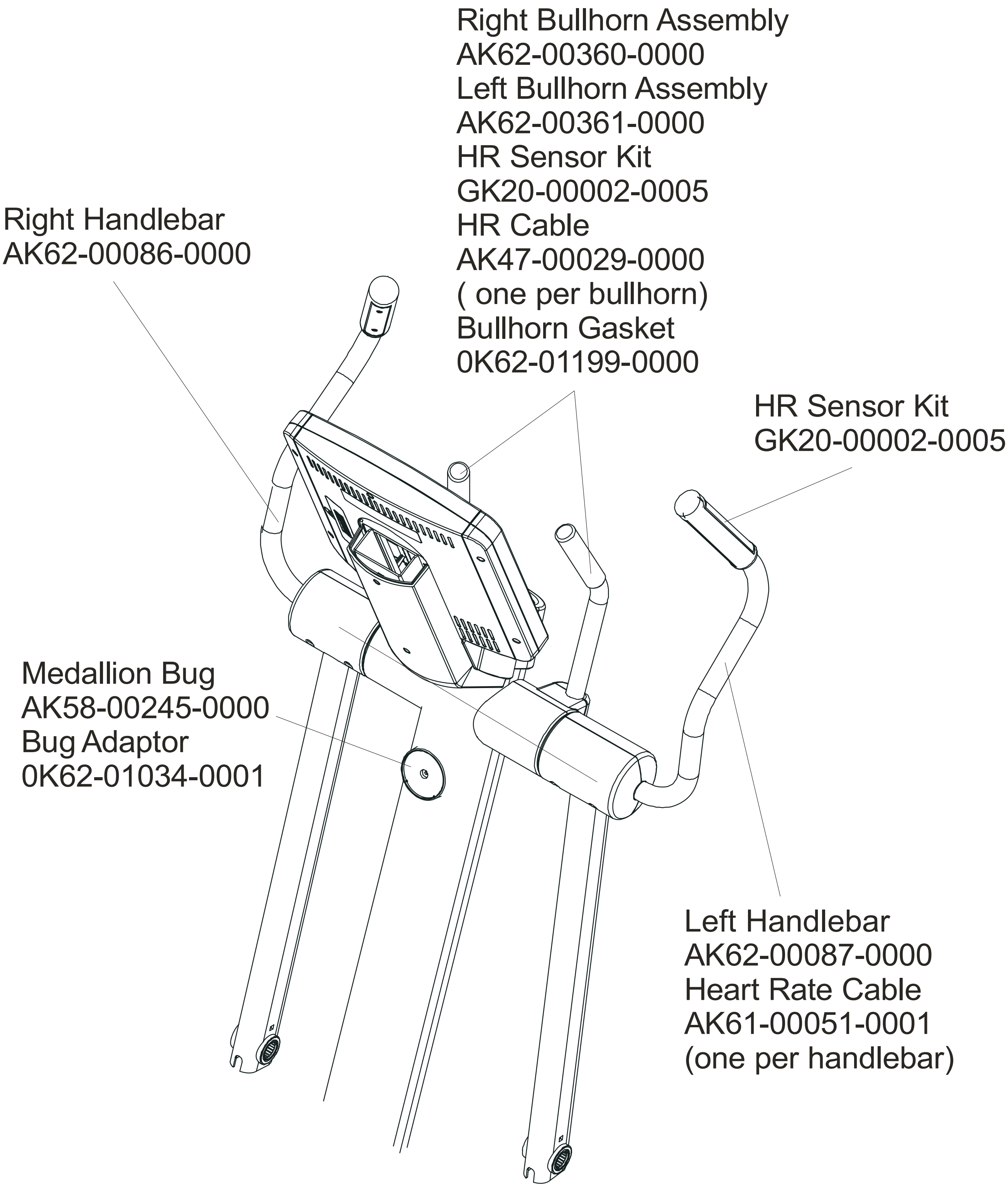
Customer Support Services
PARTS MANUAL
rev 29 Sep 2009

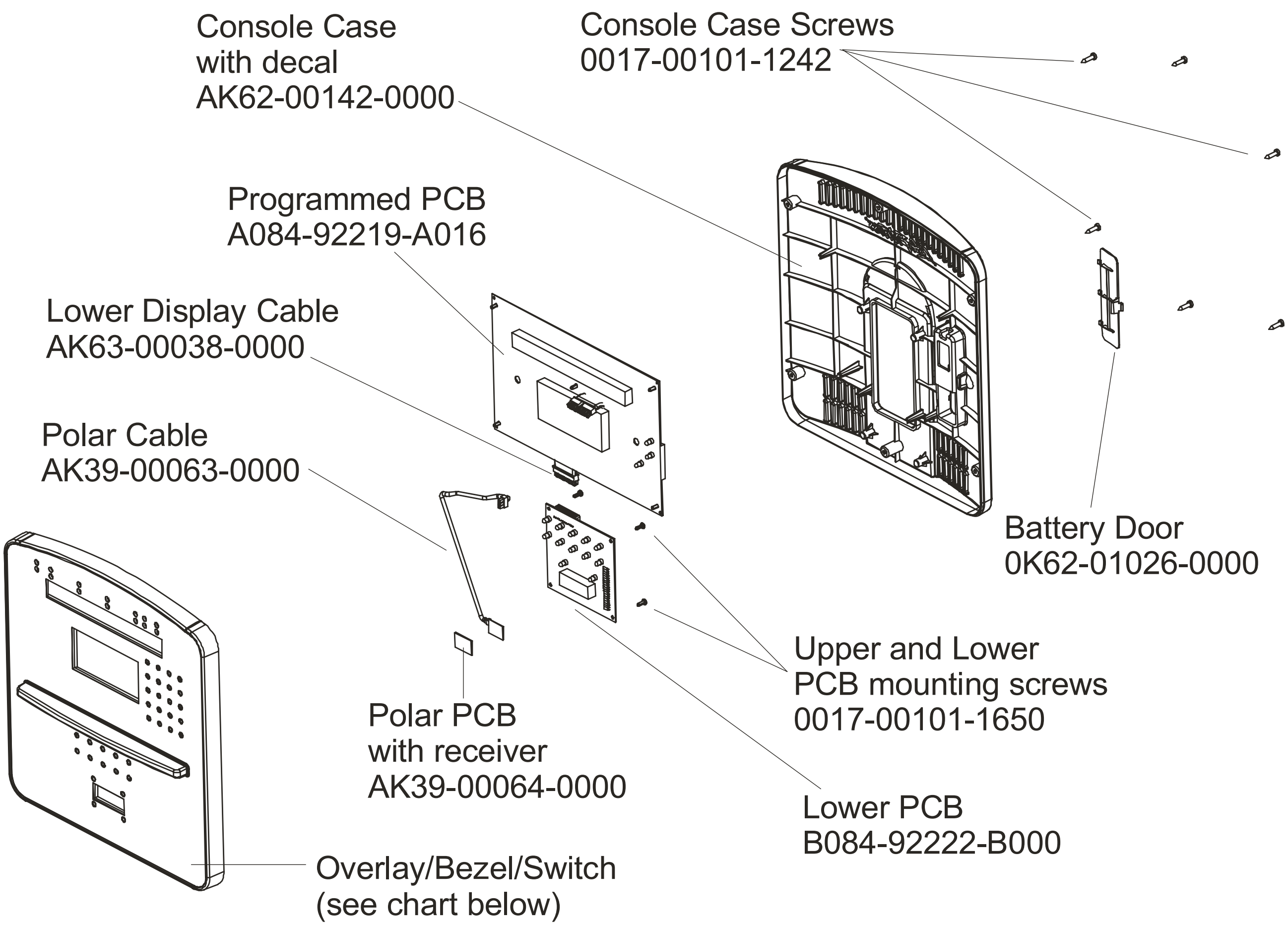
OPERATION MANUAL	M051-00K62-A107
SERVICE MANUAL	M051-00K62-A149
TOUCH UP PAINT: SPRAY CAN .5 OZ BOTTLE W/APPLICATOR .33 OZ PEN	 0017-00008-0204 0017-00008-0205 0017-00008-0206
HARDWARE BAG	AK62-00152-0001
ACCESS PANEL ASSEMBLY CONSISTS OF: 120" COAX CABLE 120" POWER EXTENSION CABLE BRACKET F-TYPE PANEL CONNECTOR #8 PLASTIC GROMMET	AK62-00210-0000 AK32-00020-0002 AK32-00078-0001 0K62-01179-0001 0017-00021-2846 0017-00042-0754
PLUG IN OPTION 120/60	GK62-00002-0018
PLUG IN OPTION 240/50 UK	GK62-00002-0019
PLUG IN OPTION 240v AUS	GK62-00002-0020
PLUG IN OPTION 230/50 CONT	GK62-00002-0021

Note: This model has both Life Pulse sensors and Telemetry for reading Heart Rate.

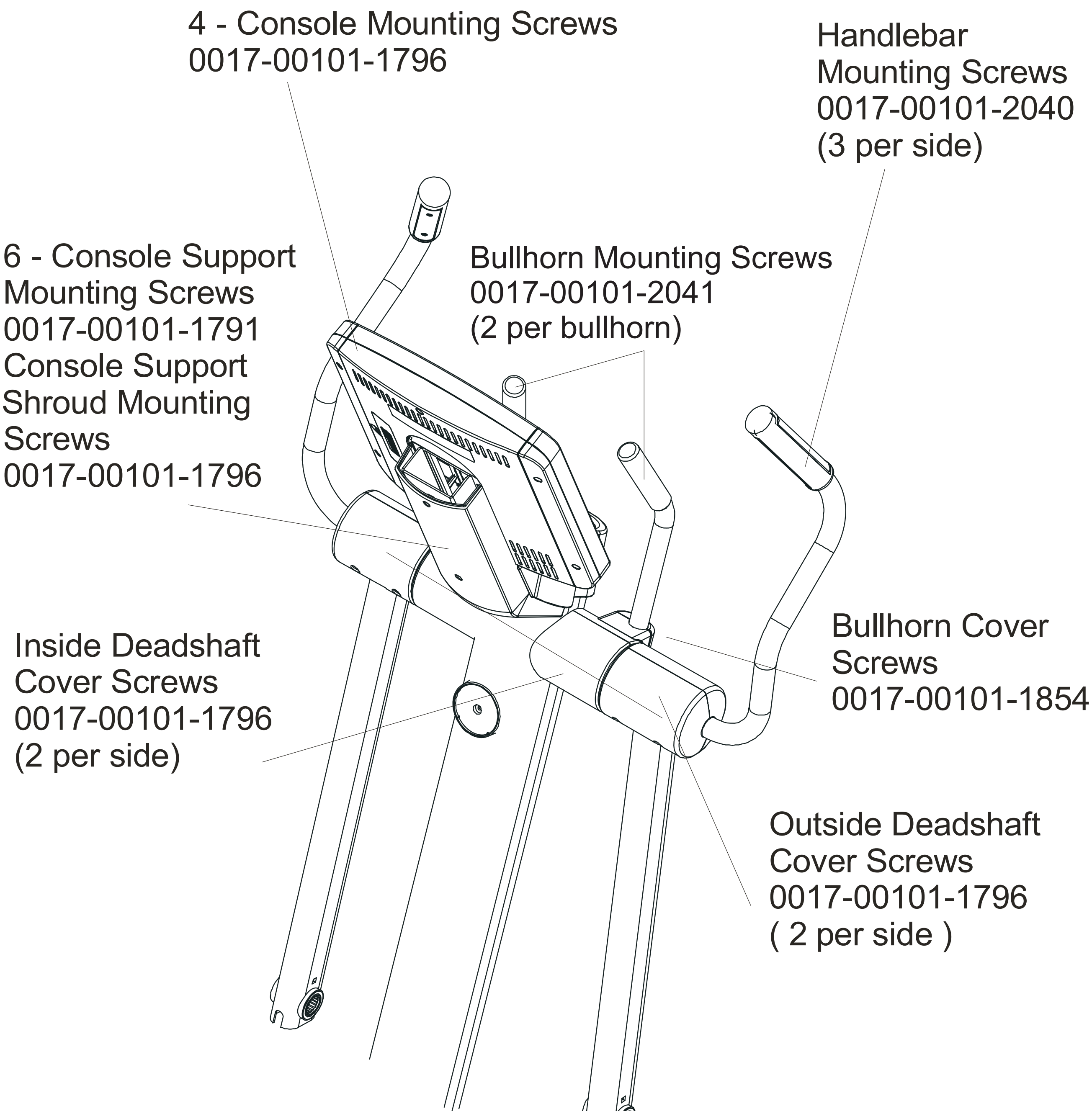


Right
Bullhorn Cover
0K62-01007-0001
Left
Bullhorn Cover
0K62-01008-0001
Console Support
AK62-00123-0000
Console Support Cap
0K62-01030-0001
(Stealth Gray)
Console Support Shroud
0K62-01023-0001
(Stealth Gray)
0K62-01031-0001
(Stealth Gray)
Right Inside
Deadshaft Cover
0K62-01010-0000
Left Inside
Deadshaft Cover
0K62-01011-0000
2-Front Inside
Deadshaft Cover
0K62-01009-0000
2-Outside Front
Deadshaft Cover
0K62-01013-0000
2-Outside Rear
Deadshaft Cover
0K62-01012-0000

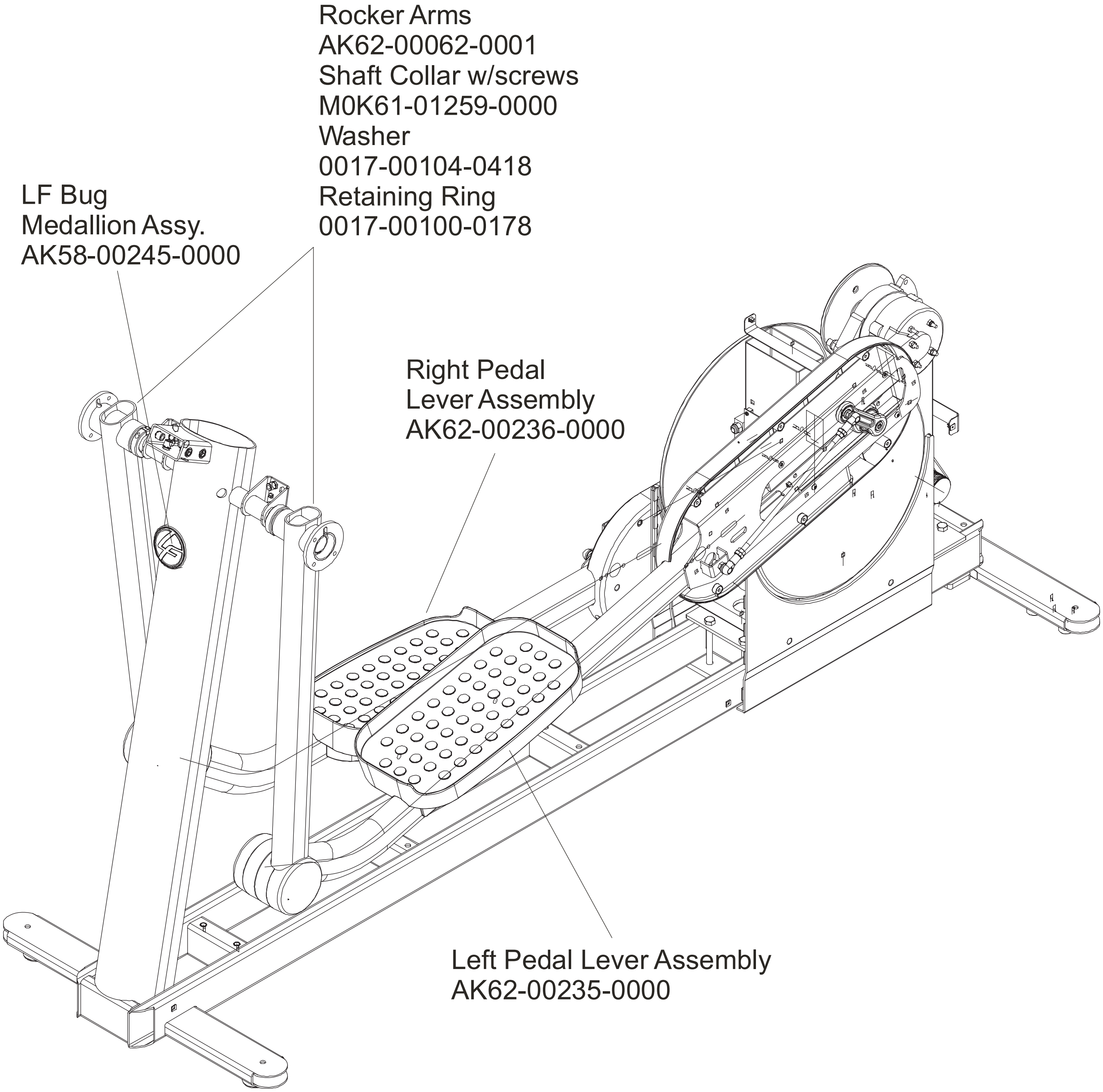

Right Bullhorn Assembly
AK62-00360-0000
Left Bullhorn Assembly
AK62-00361-0000
HR Sensor Kit
GK20-00002-0005
HR Cable
AK47-00029-0000
(one per bullhorn)
Bullhorn Gasket
0K62-01199-0000
Right Handlebar
AK62-00086-0000
HR Sensor Kit
GK20-00002-0005
Medallion Bug
AK58-00245-0000
Bug Adaptor
0K62-01034-0001
Left Handlebar
AK62-00087-0000
Heart Rate Cable
AK61-00051-0001
(one per handlebar)

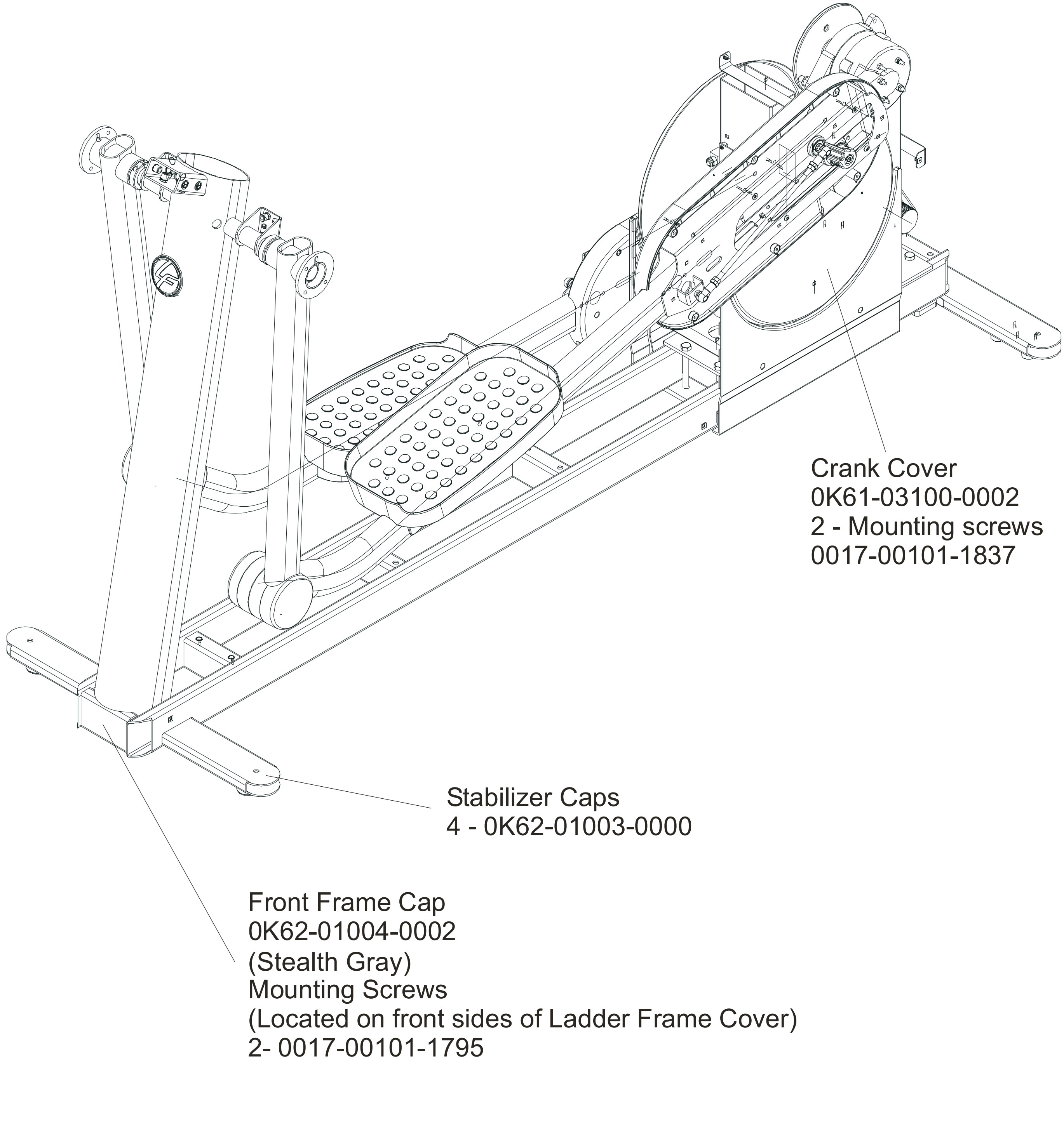


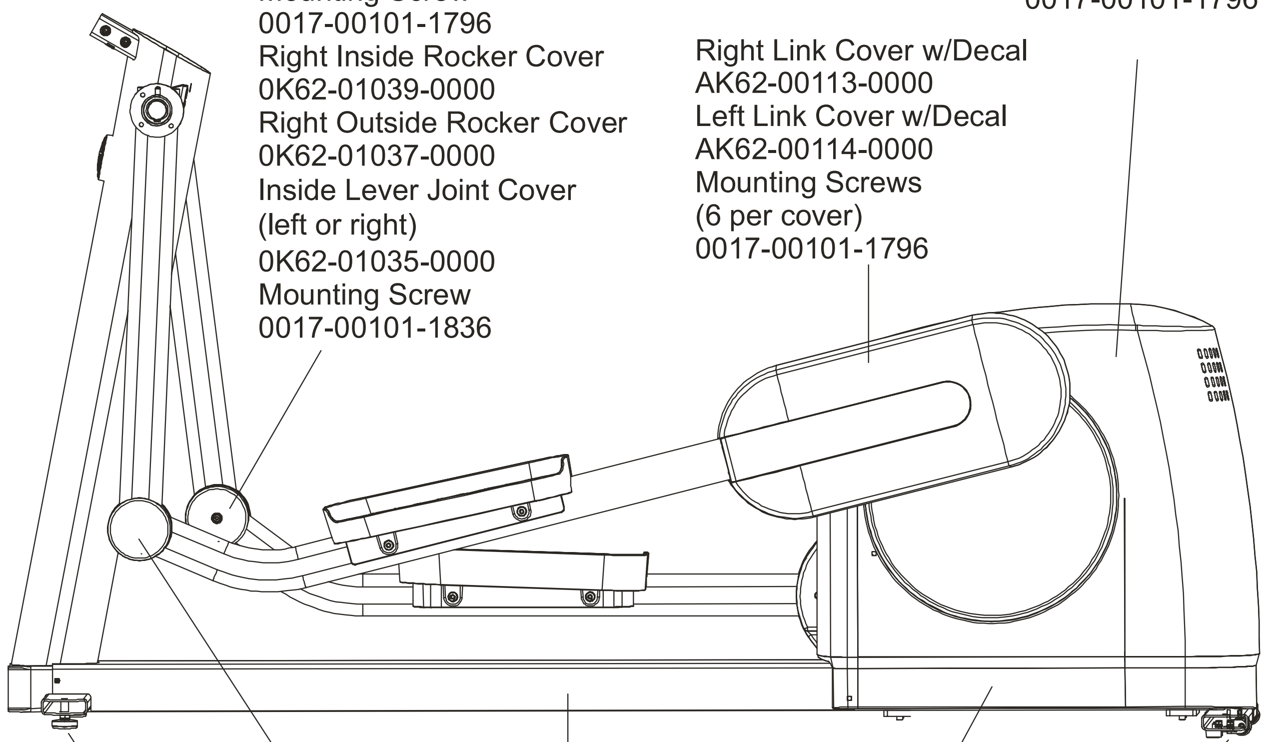
CONSOLE	OVERLAY/BEZEL/SWITCH	LANGUAGE
AK62-00329-0001	AK62-00191-0001	Eng + Met
AK62-00329-0003	AK62-00191-0003	Ger/Met
AK62-00329-0004	AK62-00191-0004	Spn/Met
AK62-00329-0006	AK62-00191-0006	Jap/Met
AK62-00329-0007	AK62-00191-0007	Frn/Met
AK62-00329-0008	AK62-00191-0008	Ital/Met
AK62-00329-0009	AK62-00191-0009	Dut/Met
AK62-00329-0010	AK62-00191-0010	Port/Met
AK62-00329-0014	AK62-00191-0014	Turk/Met

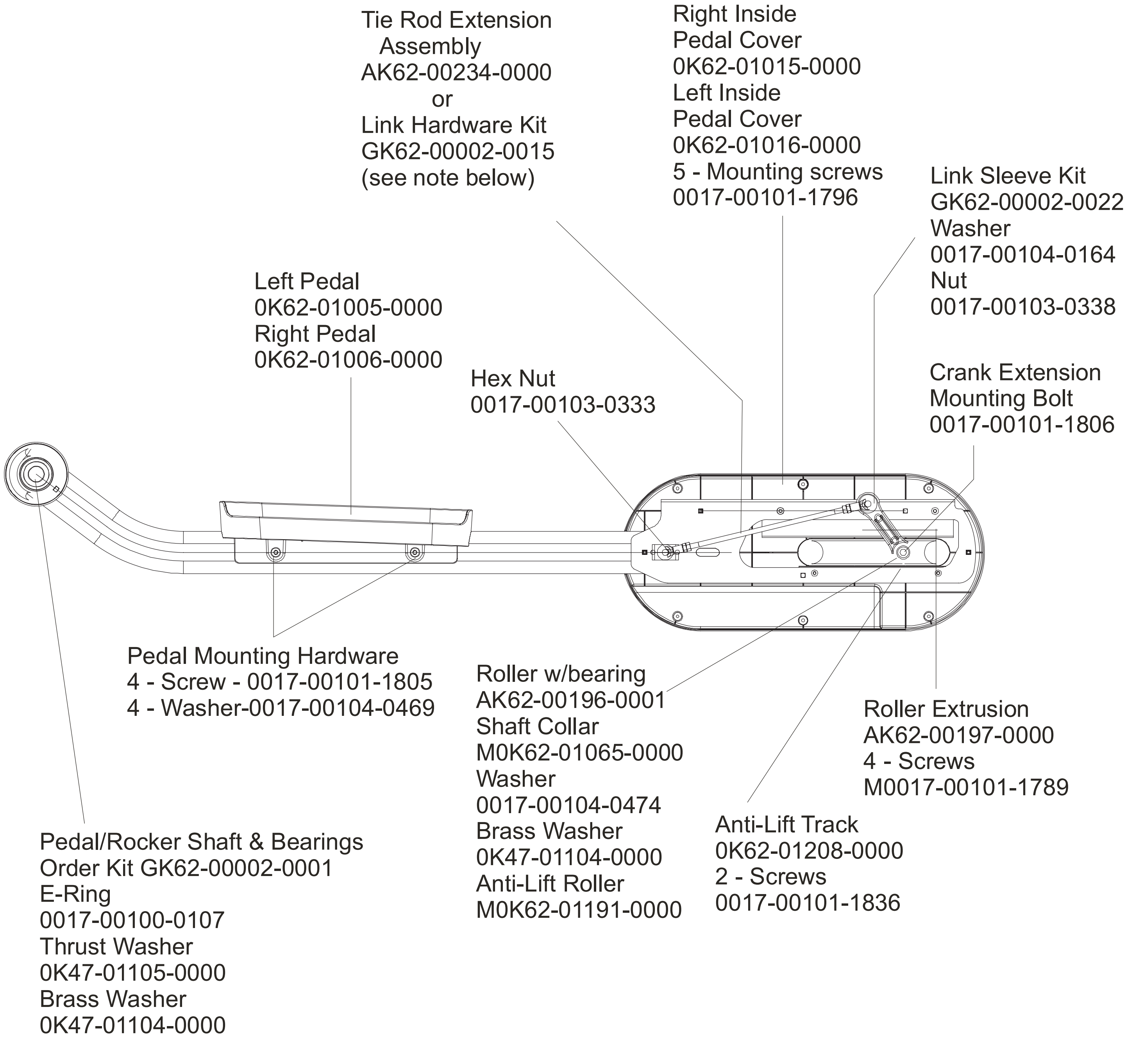


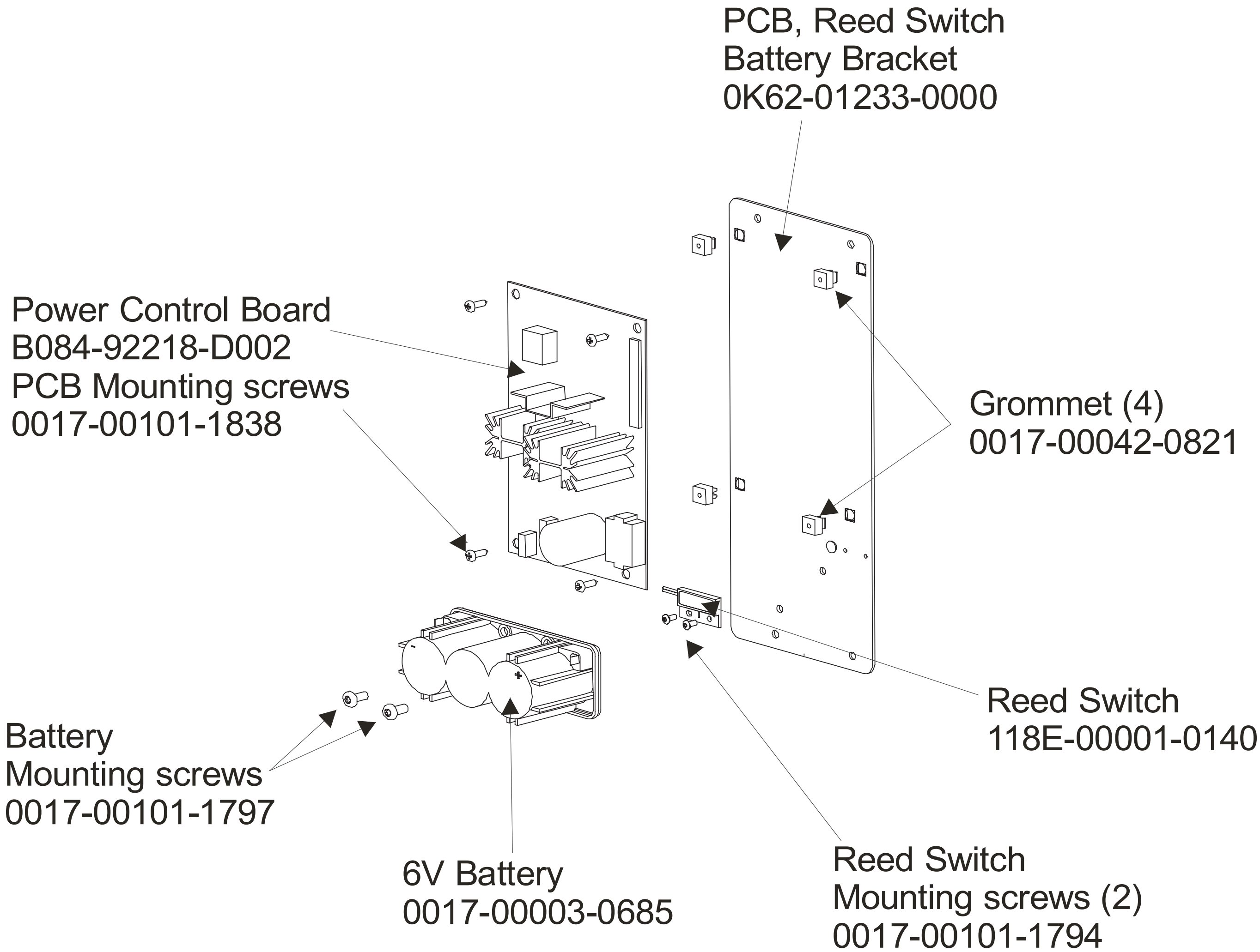
Items Not Shown:	
Accessory Tray	0K62-01022-0001 (Stealth Gray)
Mounting Screws (2)	0017-00101-1846


Rocker Arms
AK62-00062-0001
Shaft Collar w/screws
M0K61-01259-0000
Washer
0017-00104-0418
Retaining Ring
0017-00100-0178
LF Bug
Medallion Assy.
AK58-00245-0000
Right Pedal
Lever Assembly
AK62-00236-0000
Left Pedal Lever Assembly
AK62-00235-0000


Crank Cover
0K61-03100-0002
2 - Mounting screws
0017-00101-1837
Stabilizer Caps
4 - 0K62-01003-0000
Front Frame Cap
0K62-01004-0002
(Stealth Gray)
Mounting Screws
(Located on front sides of Ladder Frame Cover)
2- 0017-00101-1795


Rocker Cover Kit
(includes clip & screw)
GK62-00002-0066
Mounting Screw
0017-00101-1796
Right Inside Rocker Cover
0K62-01039-0000
Right Outside Rocker Cover
0K62-01037-0000
Inside Lever Joint Cover
(left or right)
0K62-01035-0000
Mounting Screw
0017-00101-1836
Right Link Cover w/Decal
AK62-00113-0000
Left Link Cover w/Decal
AK62-00114-0000
Mounting Screws
(6 per cover)
0017-00101-1796
Rear Shroud Assembly
AK62-00223-0000
Mounting Screws
(2 per side)
0017-00101-1796
Leg Levelers
AK62-00124-0000
Ladder Frame Cover w/Decal
AK62-00106-0001
Mounting Screws (4)
0017-00101-1795
Wheel/Bracket Assy.
AK62-00102-0000
Mounting Screws
(3 per assembly)
M0017-00101-1789
Rocker Cover Kit
(includes clip & screw)
GK62-00002-0066
Mounting screw
0017-00101-1796
Left Inside Rocker Cover
0K62-01040-0000
Left Outside Rocker Cover
0K62-01038-0000
Inside Lever Joint Cover (left or right)
0K62-01035-0000
Mounting Screw
0017-00101-1836
Shroud Panel
0K62-01002-0003
Mounting Screws
(2 per side)
0017-00101-1795


Tie Rod Extension
Assembly
AK62-00234-0000
or
Link Hardware Kit
GK62-00002-0015
(see note below)
Right Inside
Pedal Cover
0K62-01015-0000
Left Inside
Pedal Cover
0K62-01016-0000
5 - Mounting screws
0017-00101-1796
Link Sleeve Kit
GK62-00002-0022
Washer
0017-00104-0164
Nut
0017-00103-0338
Left Pedal
0K62-01005-0000
Right Pedal
0K62-01006-0000
Hex Nut
0017-00103-0333
Crank Extension
Mounting Bolt
0017-00101-1806
Pedal Mounting Hardware
4 - Screw - 0017-00101-1805
4 - Washer-0017-00104-0469
Roller w/bearing
AK62-00196-0001
Shaft Collar
M0K62-01065-0000
Washer
0017-00104-0474
Brass Washer
0K47-01104-0000
Anti-Lift Roller
M0K62-01191-0000
Roller Extrusion
AK62-00197-0000
4 - Screws
M0017-00101-1789
Anti-Lift Track
0K62-01208-0000
2 - Screws
0017-00101-1836
Pedal/Rocker Shaft & Bearings
Order Kit GK62-00002-0001
E-Ring
0017-00100-0107
Thrust Washer
0K47-01105-0000
Brass Washer
0K47-01104-0000

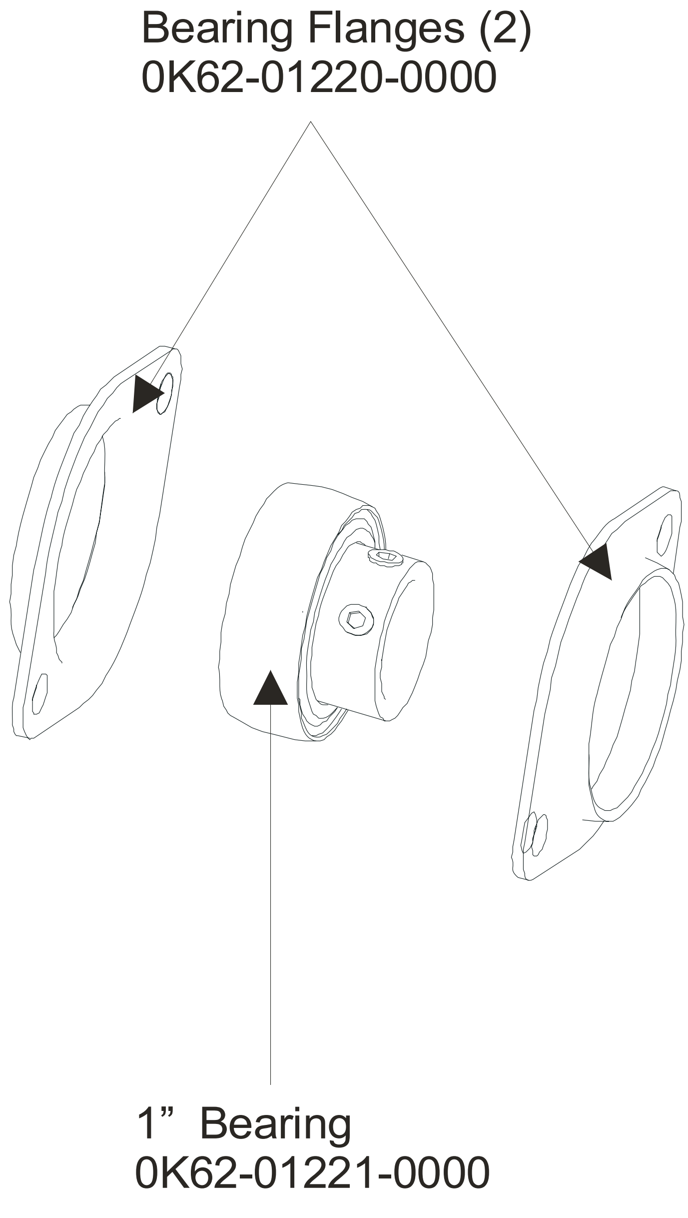

PCB, Reed Switch
Battery Bracket
0K62-01233-0000
Power Control Board
B084-92218-D002
PCB Mounting screws
0017-00101-1838
Grommet (4)
0017-00042-0821
Reed Switch
118E-00001-0140
Battery
Mounting screws
0017-00101-1797
6V Battery
0017-00003-0685
Reed Switch
Mounting screws (2)
0017-00101-1794

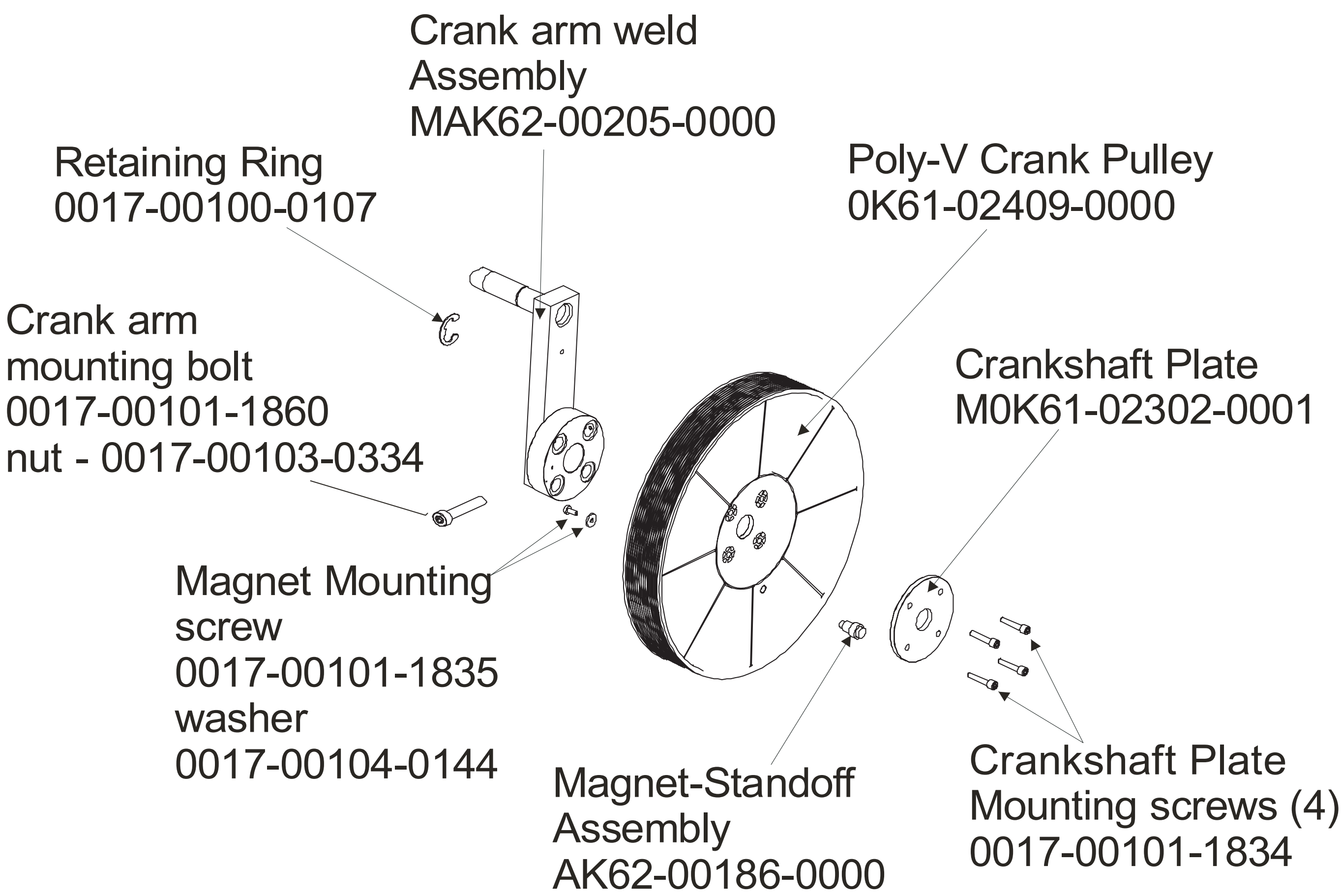
Service Kit-
GK62-00002-0044
Includes:

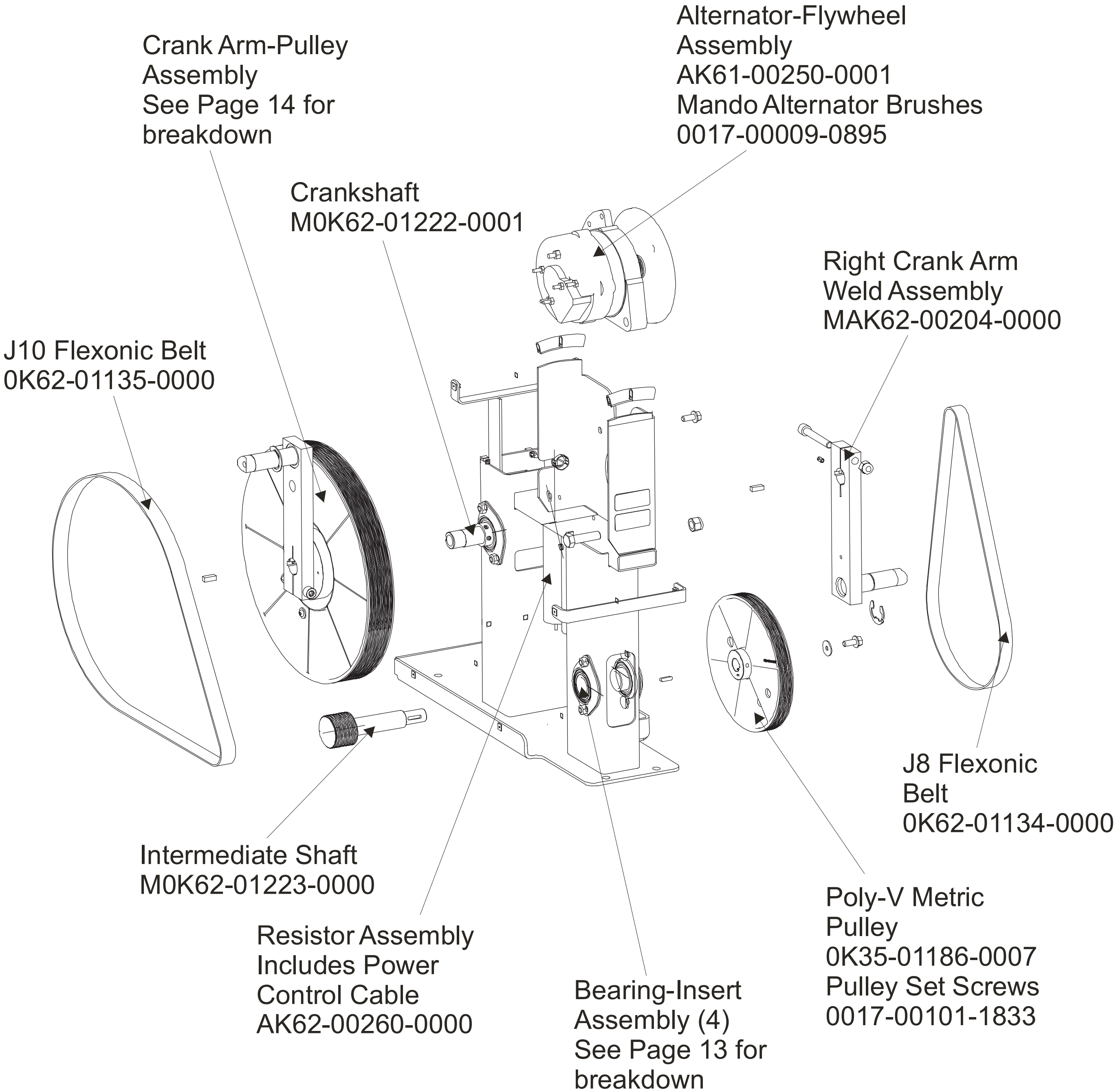
1- crankshaft
2- bearings
2- sets of bearing flanges
4- nuts and washers

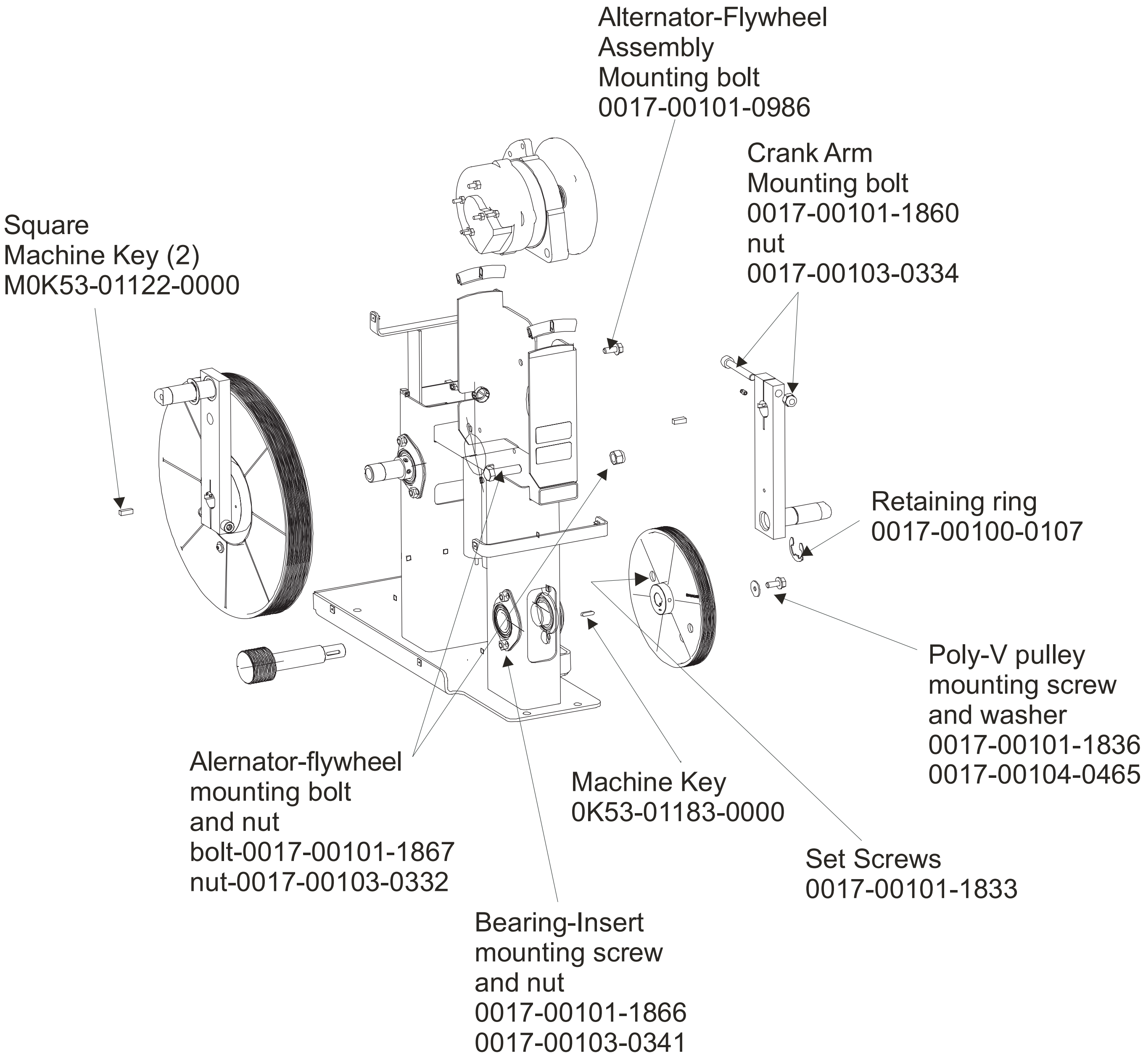
Service Kit- GK62-00002-0045
Includes:

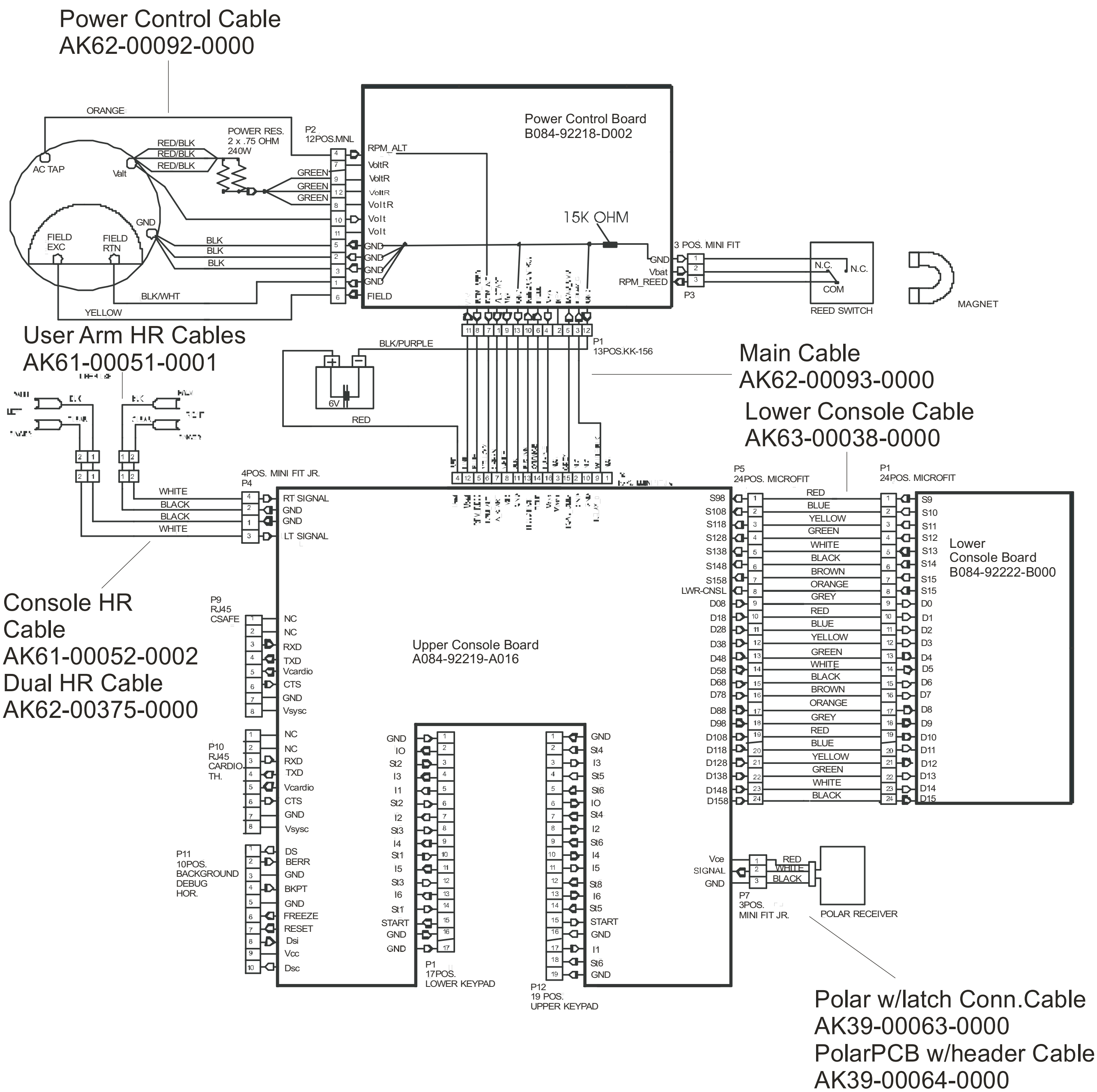
1 - intermediate shaft
2 - bearings
2- sets of bearing flanges
4- nuts and washers




Crank arm weld Assembly MAK62-00205-0000
Retaining Ring 0017-00100-0107
Poly-V Crank Pulley 0K61-02409-0000
Crank arm mounting bolt 0017-00101-1860 nut - 0017-00103-0334
Crankshaft Plate M0K61-02302-0001
Magnet Mounting screw 0017-00101-1835 washer 0017-00104-0144
Magnet-Standoff Assembly AK62-00186-0000
Crankshaft Plate Mounting screws (4) 0017-00101-1834


Crank Arm-Pulley
Assembly
See Page 14 for
breakdown
Alternator-Flywheel
Assembly
AK61-00250-0001
Mando Alternator Brushes
0017-00009-0895
Crankshaft
M0K62-01222-0001
Right Crank Arm
Weld Assembly
MAK62-00204-0000
J10 Flexonic Belt
0K62-01135-0000
J8 Flexonic
Belt
0K62-01134-0000
Intermediate Shaft
M0K62-01223-0000
Poly-V Metric
Pulley
0K35-01186-0007
Pulley Set Screws
0017-00101-1833
Resistor Assembly
Includes Power
Control Cable
AK62-00260-0000
Bearing-Insert
Assembly (4)
See Page 13 for
breakdown


Alternator-Flywheel
Assembly
Mounting bolt
0017-00101-0986
Crank Arm
Mounting bolt
0017-00101-1860
nut
0017-00103-0334
Square
Machine Key (2)
M0K53-01122-0000
Retaining ring
0017-00100-0107
Poly-V pulley
mounting screw
and washer
0017-00101-1836
0017-00104-0465
Alernator-flywheel
mounting bolt
and nut
bolt-0017-00101-1867
nut-0017-00103-0332
Machine Key
0K53-01183-0000
Set Screws
0017-00101-1833
Bearing-Insert
mounting screw
and nut
0017-00101-1866
0017-00103-0341


Power Control Cable
AK62-00092-0000
ORANGE
AC TAP
Valt
RED/BLK
RED/BLK
RED/BLK
POWER RES.
2 x .75 OHM
240W
P2
12POS.MNL
GREEN
GREEN
GREEN
GND
FIELD EXC
FIELD RTN
BLK
BLK
BLK
BLK/WHT
YELLOW
RPM_ALT
VoltR
VoltR
VoltR
VoltR
Volt
Volt
GND
GND
GND
GND
FIELD
Power Control Board
B084-92218-D002
15K OHM
GND
Vbat
RPM_REED
3 POS. MINI FIT
P3
N.C.
N.C.
COM
REED SWITCH
MAGNET
User Arm HR Cables
AK61-00051-0001
BLK/PURPLE
6V
RED
P1
13POS.KK-156
Main Cable
AK62-00093-0000
Lower Console Cable
AK63-00038-0000
4POS. MINI FIT JR.
P4
WHITE
BLACK
BLACK
WHITE
RT SIGNAL
GND
GND
LT SIGNAL
P5
24POS. MICROFIT
P1
24POS. MICROFIT
Lower
Console Board
B084-92222-B000
Console HR
Cable
AK61-00052-0002
Dual HR Cable
AK62-00375-0000
P9
RJ45
CSAFE
NC
NC
RXD
TXD
Vcardio
CTS
GND
Vsysc
P10
RJ45
CARDIO.
TH.
P11
10POS.
BACKGROUND
DEBUG
HOR.
DS
BERR
GND
BKPT
GND
FREEZE
RESET
Dsi
Vcc
Dsc
Upper Console Board
A084-92219-A016
P1
17POS.
LOWER KEYPAD
P12
19 POS.
UPPER KEYPAD
Vce
SIGNAL
GND
RED
WHITE
BLACK
P7
3POS.
MINI FIT JR.
POLAR RECEIVER
Polar w/latch Conn.Cable
AK39-00063-0000
PolarPCB w/header Cable
AK39-00064-0000